

# GROVE GAZETTE

"Best Climate on Earth"

Municipal Newsletter for the Residents and Businesses of Lemon Grove, California

FEBRUARY 2015

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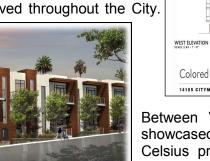
Handy Information

### 2014 IN REVIEW: A BUSY YEAR IN LEMON GROVE

uch happened in 2014 for Lemon Grove. This article highlights some of the activities that involved the City.

**Budget**......the City experienced yet another year of growing budget revenues. This growth, primarily in sales tax and property tax revenue, has allowed the City to rebuild its reserves and fund several maintenance and infrastructure projects that were deferred during the recession years.

Housing Development.... in the past year, housing construction commenced and housing projects were approved throughout the City.





Between Valencia Hills (73 single family homes showcased on *page* 3 of this newsletter), CityMark's Celsius project (an 84-unit market rate apartment complex adjacent to the Lemon Grove trolley depot), the Golden Avenue Row Homes project (22 condos),

and several other infill projects, the City is adding approximately 200 housing units to the City.

**Commercial Growth** ......in addition to new housing, the City welcomed several new businesses, such as Bleu Wisk Diner, Buffalo Wings & Ribs, Harbor Freight, Santanas, Shoomagoo, SolarCity, and the Teriyaki House.

**Farmers Market....**in 2014, the City attracted a weekly farmers market—the Lemon Grove Certified Farmers Market (see ad on *page 4* of this newsletter). The market, located at the Main Street Promenade (next to the Lemon Grove trolley depot), will be open every Saturday between 8:00 AM and 1:00 PM.

**Public Art...** 2014 "illustrated" that art is alive and well in Lemon Grove. Through the San Diego Museum of Art, residents developed an art concept for the entire community to enjoy—a mural under SR-94 at Buena Vista Avenue. In addition to visual art, performance art at the Main Street Promenade emerged. Look for more performances in 2015!

**Connect Main Street......**in 2014, the City secured a grant and held community workshops to explore creating a walking/biking path along Main Street—connecting the City's downtown with its neighborhoods. This opportunity to connect the community physically as well as socially will be discussed more in 2015, with a plan to be presented to the City Council in October.

### PHOTOS OF ALL THINGS LEMON

# Do you have a creative eye or a passion for photography?

If so, the City of Lemon Grove needs YOU!





Enter your amazing photos of lemons, lemon trees and lemonrelated items in the City's Lemon Photo Contest!

The winning photo will be featured on the cover of next year's budget. Other contest photos may be used for City marketing materials and on the City's website—artists will be credited.

Photos and application due by April 30, 2015.

For more information, contact City Hall at (619) 825-3800 or email mcappiello@lemongrove.ca.gov

### ABANDONED HOMES AND SQUATTERS

### Think a home has been abandoned?

### **Contact:**

- ◆ Sheriff's Department (858) 565-5200, and
- ◆ City of Lemon Grove Code Enforcement Department (619) 825-3820



The home and property will be assessed for dangerous or unsafe conditions that may require immediate actions.

If there are squatters at the location, the Sheriffs Department can remove illegal inhabitants once a signed "Trespass Arrest Authorization" form is on file and the property has been properly posted for "NO TRESPASSING."

Forms are available at the Lemon Grove Sheriff's station at 3240 Main Street.

For more information, contact City Code Enforcement at (619) 825-3820 or <a href="mailto:promero@lemongrove.ca.gov">promero@lemongrove.ca.gov</a>.

# CREEK TO BAY CLEANUP—SATURDAY, APRIL 25TH



SAVE THE DATE!

oll up your sleeves and come support your community at the 13<sup>th</sup> Annual Creek To Bay Cleanup on Saturday April 25, 2015 from 9am to 12pm.

Sign-ups begin April 1st at <a href="www.creektobay.org">www.creektobay.org</a> for Lemon Grove's cleanup site under Zone 4, East County. The clean-up site for Lemon Grove will be at the intersection of San Miguel Avenue and Federal Boulevard.

Year-round volunteer opportunities: www.cleansd.org

### LEMON GROVE'S NEWEST PUBLIC MURAL COMING SOON

he San Diego Museum of Art has chosen Lemon Grove to participate in a public mural project. Funded through the James Irvine Foundation, the San Diego Museum of Art hosted a series of meetings in which community members created the vision for a public art piece in the City. This program, called "Open Spaces," aims to strengthen San Diego's cultural environment and celebrate beauty in local communities through art.

During community workshops, residents proposed a mural be installed under the Buena Vista Avenue underpass at SR-94. The Buena Vista art mural features the wonderful flora that adorns Lemon Grove with its "Best Climate on Earth."

The two artists, Miguel Angel Godoy and Richard Luna, are completing the creative pieces to be installed in the Buena Vista overpass with the help of schools, community groups and other interested parties.

Visit <a href="http://www.sdmart.org/open-spaces-0">http://www.sdmart.org/open-spaces-0</a> to see how you can get involved!



Mock up of West wall



Mock-up of East wall

Photos by Open Spaces artist-in-residence Miguel Angel Godoy

### VALENCIA HILLS COMMUNITY IN LEMON GROVE

ew Pointe Communities began work on a 73 single family home development in Lemon Grove at the end of San Altos Place. The developer has announced that three model homes are now available for viewing at the new Valencia Hills single family home community.

The one and two-story homes range in size from 1,696 to 2,449 square feet and have a variety of options for number of rooms, garage sizes, etc. Valencia Hills sales office and model homes are open with regular sales office hours from 11:00 a.m. to 4:00 p.m. on weekends only.

For more information about this new home community, please visit the Valencia Hills website at <a href="https://www.Valencia-Hills.com">www.Valencia-Hills.com</a> or telephone the sales team at (760) 585-44876.

### BOY SCOUTS HARVEST LEMONS AT CITY HALL

he lemons on the trees in front of City Hall and at Civic Center Park were harvested on Saturday, January 31st by a troop of local Boy Scout volunteers organized by "Residential Fruit Harvesters" (previously called Harvest Crops).

Totaling **460 Pounds**, the fruit was donated to <a href="https://www.photocharity.org">www.photocharity.org</a> for homeless youth and Jewish Family Services of San Diego.

For the last several years, volunteers organized by the organization have harvested the trees. The fruit is donated to low income families, seniors, and food banks. Volunteers can also be organized to harvest from residential fruit trees.

If you're interested in more information or have an overabundance of fruit on your residential trees, contact the group for more information on scheduling a harvest:

Sergio D. Padilla, (619) 318-3423
Residential Fruit Harvesters
<a href="http://residentialfruitharvesters.org/">http://residentialfruitharvesters.org/</a>
"Give us permission to fulfill our mission"



## **Community Events**

Information: (619) 289.5535

Like us on Facebook







# Lemon Grove Certified Farmers Market





# Main Street Promenade

(Trolley Exit at Lemon Grove Depot)

\*\*\*Ample Parking at Lemon Grove City Hall\*\*\*



### Featuring

Farm fresh eggs, seasonal fruits and vegetables, exotic mushrooms, greens, fresh herbs, cacti, succulents, honey, greens, heirloom tomatoes, green beans, fresh flowers, rare fruits & more.



### **Product Vendors**

Harry D's BBQ, El Salvadorian Papusas, Masala Cottage Indian food, Bo's French Le Creperie, Middle Eastern food, Hilliker's Ranch, Papa's Garden, Harris Family Apiaries, Coops Farm, Rivas Farms, entertainment, local business walk, hand-made artisans & more!







Information: (619) 289.5535

Like us on Facebook



# **Community Events**

### 2015 LEMON GROVE RELAY FOR LIFE

Mark Your Galendars

10th Annual Lemon Grove Relay For Life

**Saturday, May 16, 2015 to Sunday, May 17, 2015** 

### Lemon Grove Academy Middle School 7866 Lincoln Street

The American Cancer Society Relay For Life is a life-changing event that brings together people in our community to raise awareness and funds to help fight cancer. From its humble beginnings 1985 when Tacoma, Washington surgeon Dr. Gordy Klatt ran and walked around a track for 24 hours to raise money for the American Cancer Society, Relay For Life has grown from a single man's passion to fight cancer into the world's largest movement to end the disease, with more than 3.5 million participants in 5,000 communities in the United States and 19 countries around the world. The event features entertainment, food, activities for kids of all ages, and much, MUCH more!!



Celebrate the lives of those who have battled cancer;
Remember loved ones lost to the disease; and
Fight back against a disease that takes too much.

# Sponsorship Opportunities Available!

### Want to learn more about how you can serve your community?

- ◆ Serve on the volunteer event planning committee
- Form a team with your friends, family, co-workers and neighbors
- ◆ Become an event-day volunteer

Event planning meetings held the <sup>1st</sup> Thursday of each month at Lemon Grove Fire Station, 7853 Central Avenue

Team Captain meeting, 6-7 p.m. / Planning Committee meeting, 7-8 p.m.

# WANTEDI

**CANCER** 

**FACTS:** 

• One out of two

men and one in

receive a cancer

lifetimes.

Not using

and being physically active can prevent twothirds of cancer

deaths.

three women will

diagnosis in their

tobacco products,

practicing good nutrition habits

### **Questions?**

Jerry Webber, American Cancer Society, (619) 209-1160, <u>Jerry.Webber@cancer.org</u> Event Chair Stephanie Boyce (619) 905-6797, sassiesteph19@cox.net

Visit <u>www.relayforlife.org/lemongroveca</u> to register a team, join an existing team, or to make a donation.

### HEALTHY EATING AND ACTIVE LIVING

# Tame the TV and computer!



Screen time includes TV, computer, video games, tablets and smart phones. All have been linked to obesity, lower reading scores and attention problems.

### **Participate**

### Be present

- Know how many hours a day your children watch a screen.
- Watch TV with your child and discuss the program. Ask questions and express your views.

### Be a role model

- Follow your own rules. Children model behavior, so set a good example with your own TV view habits.
- Avoid watching programs containing adult content when your child is in the room or nearby.

### Plan

### Set guidelines

- Make your child's bedroom a "screen-free" zone with no TV's, computers, video games or mobile devices.
- Set family guidelines for age-appropriate shows.

### Set screen limits

- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings, it's time to turn off the screens.

### **Play**

### Find other activities

- Ride a bike
- · Go on a nature hike
- Put together a puzzle
- · Turn on music and dance
- Read a book or magazine
- Spend time with your family
- Take your kids to the park or beach
- Play board games
- Walk, run or jog
- Play basketball, catch, soccer, etc.
- Go to the library
- Explore gyms in your community
- Play charades
- Walk the dog

### Guidelines by age:

- ♦ No TV/computer under the age of 2.
- ♦ No TV/computer in the room where the child sleeps.
- ♦ One hour of educational TV/computer time between ages 2 and 5.
- After the age of 5, two hours or less of screen time for entertainment purposes.

### SIGN-UP FOR AUTOMATIC NOTIFICATION ON CITY WEBSITE

### Want to be "in the know" about what's going on in Lemon Grove?

S

ign up on the City's website for **E-NOTIFICATIONS**—*automatic email message notification* for new issues of the City newsletter, City Council agendas and much more!

### **♦ Community Events**

- ♦ Youth Activities
- **♦ Adult Sports**
- **♦ City Newsletter**
- **♦ City Council Agenda**
- **♦ Community News**
- ◆ Planning Commission Agenda
- **◆ Contracting Opportunities**
- ♦ Press Releases
- ♦ Job Postings

## **Instructions:**

- 1. Visit the City's website at www.lemongrove.ca.gov.
- 2. Click on "E-NOTIFICATIONS" on the left navigation bar.
- 3. Enter your email address and first and last name.
- 4. Select the items that interest you by clicking on the envelope icon next to it.
- 5. Enter the verification code requested.
- 6. Click "Submit" and you're done! You will receive an email with a link to confirm your subscription. A link to change or cancel your subscription is included with each notification should you wish to do so.

Your e-mail address is kept confidential and will not be sold or disclosed to third parties.



# **HEARTLAND FIRE & RESCUE**

### SERVING THE CITIES OF EL CAJON, LA MESA AND LEMON GROVE

The seasonal flu kills as many as 49,000 Americans each year. Influenza (flu) is a contagious respiratory illness caused by influenza viruses which can cause mild to severe illness. The flu can have serious consequences in people of all ages, but older adults, young children and people with ongoing health issues are at high risk for serious complications. The best way to prevent the flu is by getting vaccinated each year.

### Flu Symptoms:

The flu usually comes on suddenly and people who have the flu often feel some or all of the following symptoms:

- ♦ Fever\* or feeling feverish/chills
- ♦ Cough
- ♦ Sore throat
- ♦ Runny or stuffy nose
- Muscle or body aches
- ♦ Headaches
- ♦ Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

### The Flu vs The Common Cold

The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

# People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses are spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth or nose.

Most healthy adults may be able to infect other people beginning 1 day **before** symptoms develop and up to 5 to 7 days **after** becoming sick. Children may pass the virus for longer than 7 days. Symptoms start 1 to 4 days after the virus enters the body. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.



Flu season is still going strong. It is not too late to get vaccinated.

### **FLU PREVENTION**



Cover your cough.



If you're sick, avoid public gatherings.



Wash your hands.



Avoid touching your eyes, nose or mouth.

### TAKE PRECAUTIONS...

- ⇒ Stay away from sick people and stay home if sick.
- ⇒ Wash hands often with soap and water.
- ⇒ If soap and water are not available, use an alcoholbased hand rub.
- ⇒ Clean and disinfect frequently touched surfaces at home, work and school, especially if someone is ill.

<sup>\*</sup> It's important to note that not everyone with flu will have a fever.

### SHERIFF CORNER



cross the region, police agencies respond to caregivers of those with special needs who are missing and from concerned citizens that have found someone who cannot identify themselves. When police respond to these incidents, accurate, searchable and accessible information is critical to the safety of the missing or lost individual.

To help caregivers, the San Diego County Sheriff's Department offers a program called "Take Me Home." This secured photo-based registry serves to provide accurate information about those that are vulnerable to go missing (i.e. those with autism, Alzheimer's, Down Syndrome, etc.).

The Sheriff's Department maintains the Take Me Home registry and only law enforcement personnel can access the database, which stores photos and emergency contact information for those that are registered.

To download a registration form or flyer, visit: www.sdsheriff.net/co tmh.html

Caregivers can enroll special needs family members, friends, or clients by calling Lemon Grove Sheriff Crime Prevention Specialist Jim Wieboldt at (619) 337-2039.





# **Potpourri**

### LEMON GROVE SENIOR CENTER—Services, Activities, Classes

Senior Volunteer

Opportunities Available for participants

8235 Mt. Vernon Street, (619) 337-1425 Monday—Friday, 9:00 a.m.—2:00 p.m.

### **Senior Lunch Program**

Hot, nutritious meals



Make reservations by 12:00 Noon a week in advance.

Suggested donation \$3.50 age 60 and over.

### **Services**

Free Legal Services
Home Delivered Meals
Health Insurance Counseling
and Advocacy Program

### **Activities**

Tuesday Movies Monthly Entertainment Holiday Celebrations Bingo and Billiards

### **Exercise Classes**

Aerobic Conditioning Feeling Fit Club Hatha Yoga

### TENANT/LANDLORD SERVICES

SA San Diego County promotes fair housing practices, and provides free assistance to renters, land owners, and property managers.

CSA San Diego County provides many **FREE** services including:

- ♦ education to tenants
- education to land owners and property managers
- ♦ fair housing advocacy

CSA's housing specialists are equipped to answer many questions and provide additional resources to those in need.

Contact CSA San Diego County at (619) 444-5700 or visit <u>www.c4sa.org</u>.

### REPORT ILLEGAL DUMPING

# City of Lemon Grove STORMDRAIN Hotline

(619) 825-3827

Please report illegal dumping (paint, chemicals, etc.) into the City's stormdrain system.



What is stormwater pollution? Untreated urban runoff (pollutants like trash, pet waste, cigarette butts, motor oil or antifreeze, paint, pesticide and fertilizer runoff) that flows untreated through the storm drain system, eventually making its way into the ocean.

### Find out more:

http://www.lemongrove.ca.gov/departments/development-services/stormwater



# l can't wait to be a Girl Scout volunteer.

Be the role model she'll always remember.

Help a girl for an hour, a day or a year!

Contact Dayana Silva-James at (619) 610-0771 or dsilva@sdgirlscouts.org

sdgirlscouts.org/volunteer

### **Environmental**

### WATERSHED PROTECTION

he City of Lemon Grove falls within the San Diego Bay Watershed. Lemon Grove's Chollas Creek is on a State list for impaired (polluted) water bodies. As a result, the City must comply with State regulations and load allocations (Total Maximum Daily Loads) for pesticides, metals, and bacteria.

Please help us prevent harmful pollutants from getting into our storm drains and creeks. Here are some things that you can do to help:

- Minimize use of pesticides and store in a safe place. Do not use them right before a rain storm.
- Eliminate over-irrigation and over fertilizing of landscaped areas.
- Wash cars over a lawn or capture the wastewater for proper disposal or take your car to a wash facility.
- ♦ Pick-up after your pets.

Your actions have a direct impact on Improving water quality!

### **MAKE \$\$\$ RECYCLING**

ecycling diverts solid waste from our overly burdened landfills.

Another benefit of recycling is trading in your recyclables for a little extra cash—



Edco Disposal will buy back your recyclable materials!

Located at 6700 Federal Boulevard in Lemon Grove, (619) 287-7555, Edco is open seven days a week from 8:00am to 4:00pm.



Trade in your CRV
aluminum, glass
and plastic
containers for cash
and help protect
our environment at
the same time!

### COMMERCIAL & MULTIFAMILY MANDATORY RECYCLING

ffective July 1, 2012, per the State of California, all commercial businesses generating four cubic yards or more of solid waste per week and multifamily residential dwellings of five units or more *must provide recycling services* at their establishment.

If you are not sure this applies to your business or residential complex, call EDCO directly at (619) 287-7555 to help you make this determination and ensure you are in compliance with State Assembly Bill 341.

### INDUSTRIAL/COMMERCIAL STORMWATER COMPLIANCE INSPECTIONS



he City of Lemon Grove is required by the State of California to conduct annual stormwater compliance inspections of its local industrial and commercial businesses. The intent of the program is to ensure that pollutants are not being discharged by businesses into the City's stormdrains and ultimately nearby creeks.

Lemon Grove industrial and commercial businesses will receive a letter from the City detailing upcoming spring inspections.

### Businesses can follow best management practices by implementing these tips:

- ♦ Cover material stored outside with tarps
- ◆ Place liquids in secondary containment
- ♦ Keep trash in their bins with lids closed
- ◆ Dry sweep or mop, do not hose down outside areas
- **♦** Eliminate over-irrigation
- ♦ Educate staff and coworkers

### **Environmental**

### HOUSEHOLD HAZARDOUS WASTE RECYCLING

By appointment only, City residents may drop-off Household Hazardous Waste (HHW) on selected dates at EDCO's La Mesa Station.



### It's easy to dispose of HHW safely...

Call (619) 287-5696, ext. 4270, to make an appointment for an upcoming drop-off event. You may also request an appointment via email at Imhhw@edcodisposal.com. Be sure to include your name, address, and daytime telephone number.

Home Pickup Program—Only seniors (65+) and disabled residents are eligible to participate in the HHW/ Electronic Waste Home Pickup Program. (619) 287-5696, ext. 4270.



It is illegal to dispose of hazardous materials such as these in the trash!

### HOUSEHOLD

**All Purpose Cleaners** Ammonia, Disinfectants **Drain Cleaners, Polishes** Fluorescent Light Bulbs **Household Batteries** 

### YARD AND GARDEN

**Lighter Fluid Pesticides** Paints, Stains, Thinners **Pool Chemicals Fertilizers** 

### **GARAGE**

**Motor Oil and Filters** Car Batteries, Gear Oil **Transmission Fluid** Antifreeze, Gasoline Glues, Adhesives

### FREE HOUSEHOLD BATTERY RECYCLING AND SHARPS DISPOSAL

or your convenience, the EDCO Buyback Center, located at 6700 Federal Boulevard, in Lemon Grove is open every day of the week, from 8:00 a.m. to 4:00 p.m., for recycling household batteries and disposing of sharps waste. Questions? Call EDCO at (619) 287-7555.

### Household Batteries — AAA, AA, C, D, AND 9V ONLY

Batteries contain heavy metals such as mercury, lead, cadmium, and nickel, which can contaminate the environment when batteries are improperly disposed of. Recycling batteries keeps heavy metals out of landfills and the air and saves resources because recovered plastic and metals can be used to make new batteries.



### **Sharps Waste** (Needles, lancets, or other devices used to penetrate the skin for the delivery of medications.)



Put sharps in approved sharps containers or in sturdy, puncture resistant, tightly sealed containers like bleach bottles, liquid detergent bottles or coffee cans with lids. DO NOT STORE IN: paper or plastic bags, glass containers, cardboard or coated paper containers, plastic bottles that have a CRV (CA Redemption Value) or milk jugs. LOOSE SHARPS ARE NOT ACCEPTED.

### FREE E-WASTE RECYCLING for Residents AND Businesses



EDCO Disposal, 6700 Federal Boulevard 8:00 a.m.—4:00 p.m., (619) 287-7555

No appointment required



\*\*\* Appliances **Batteries** Camcorders Car batteries CD players Cell phones Computers Copiers **DVD** players Personal computers

Electric typewriters Fax machines Hard drives Laptops Modems Monitors Pagers and PDA's PC boards

Phone systems **Printers** Radios Remote controls Scanners Servers Stereos

Telephones

Televisions Testing equipment Transparency markers Two-way radios **Typewriters** 

UPS's VCR's Tape players

Word processors \*\*\* \$27 fee.

Lemon Grove City Hall, 3232 Main Street, Lemon Grove, CA • (619) 825-3800 • www.lemongrove.ca.gov



### HANDY INFORMATION

CITY HALL	
Mayor & City Council	825-3800
City Manager, Finance	825-3800
Planning/Building	825-3805
Public Works	825-3810
Engineering	825-3811

### **CITY HOTLINES**

 Code Enforcement
 825-3807

 Stormwater
 825-3827

Please report illegal dumping (paint, chemicals, etc.) into the City's stormdrain system:

www.lemongrove.ca.gov/departments/development-services/stormwater

### FIRE DEPARTMENT

### **SHERIFF DEPARTMENT**

### ANIMAL CONTROL

General info	691-5123
Report animal concerns	476-2476
After hours and holidays	
dead animal removal	390-8204

### OTHER...

La Mesa Swimming Pool I	nfo667-1494
Historical Society	460-4353
Library	463-9819
Senior Center	337-1425

### **MEETINGS...**



### **CITY COUNCIL**

1st and 3rd Tuesday of each month, 6:00 p.m. at the Community Center, 3146 School Lane.

### PLANNING COMMISSION

4th Monday of each month, 6:30 p.m. at the Community Center, 3146 School Lane.

<b>2-1-1 Non-Emergency Hotline</b>
<b>5-1-1 Traffic, Transit, &amp; Travel Information</b> 511 www.511sd.com/
Bus-Metropolitan Transit System (MTS)
California Highway Patrol 1722 East Main St
El Cajon, CA 92020 Business (non-emergency)
Crime Stoppers
EDCO Disposal Corp
Friends of the Library
Lemon Grove School District
Poison Control Center-San Diego area1-800-222-1222

www.sharp.com/seniors/index.cfm

UC San Diego Medical Center

200 West Arbor Drive San Diego, CA 92103 www.calpoison.com/